

ARANDA

news



*Merry
Christmas*
— AND —
HAPPY NEW YEAR



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OCTOBER TO DECEMBER 2020

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PRESIDENT

Mr. Lee Suan Hiang

VICE PRESIDENT

Mr. Franz Yeo

TREASURER

Ms. Ho Poh Ching

MEMBERS

Mr. Raymond Chin

Mr. Ronnie Tan

SECRETARY / GM

Mr. Kevin Chandra

House Committee

CHAIRMAN

Mr. Tan Chai Kun

SECRETARY

Mr. Collin Ng

MEMBERS

Mr. Elvin Lee

Ms. Jackie Tan

Ms. Emelyn Wong

Mr. Steve Wong

Mr. Patrick Tan

Mr. Jimmy Chew

Mr. Tomas Tay

Mr. Michael Simon

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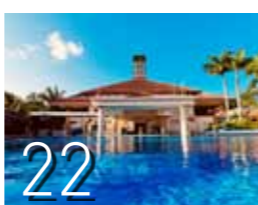
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PRESIDENT'S MESSAGE

Keeping Aranda Safe for All

As I am writing this, we are into the third month of phase 2 and we have made the necessary changes to adjust to the new normal brought on by the COVID-19 pandemic. The Club reopened most of our facilities with strict capacity limits and Safe Management Measures in place and we will continue to make changes to these measures as and when the situation calls for and keep you abreast of the latest happenings.

We want to ensure everyone that the Club is a safe place for all members and there are no compromises to creating this safe environment for everyone. Safe Management Measures have been put in place which include putting on a mask whenever you are in the Club (except when exercising), using SafeEntry to check in/ out, keeping a safe distance from each other and avoiding gatherings of more than 5 in a group. I can understand the difficulties in adjusting to these new norms in your home away from home, that is Aranda Country Club. But members' safety is always our priority and we should bear in mind that non-compliance, if witnessed by authorities, may lead to consequences such as fines and in some cases, Club closure. Thankfully, with your kind understanding and cooperation, we have continued to pass inspections with good safety measures for everyone during this trying period.

Club Facilities & Rebates

In the last two months, most of our facilities have reopened although there is a mandated capacity restriction for each facility. We are constantly working to push for all facilities to open up. We are looking forward to having more members come back to the Club in the upcoming weeks, creating new memories and rejuvenating the bond between the Club and members.

In keeping with this sentiment, we have reopened our E-Suites in September, with a Welcome Back Special promotion. As our E-Suites undergo some minor interior redecorating to make it a more comfortable environment, we hope you continue to appreciate the benefits of our location. Whether you enjoy the surrounding tranquil nature of Pasir Ris Park and beach or enjoy the retail and dining options at Downtown East, we have something for every member to enjoy. Rest assured that we will continue to work at updating and improving benefits for members through collaborations with partners - including our extended family entities as part of NTUC Club.

We have always been proud of the loyalty of our members at Aranda. In the last issue, I mentioned the deadline for several rebates has been extended to 31 December 2020. These rebates are to thank all members for your patience, understanding and support for the Club with paid subscriptions during this COVID-19 pandemic.

- \$30 E-Suite rebates to be used for any E-Suite booking
- \$20 S&R rebates which can be used for any activities/ programmes

We encourage you to utilise these rebates when you factor in some relaxation time at the Club, given the special promotions and upcoming activities we are putting in place just for you.

Revitalised Social & Recreation Activities

The new norm has brought forth many online events in recent months, to keep members engaged in the safety and comfort of your own home. Although major events and much-loved activities such as traveling tours are currently on-hold, we stay hopeful in being able to organise such activities in the near future. We are looking into refreshing our engagement programme with the resumption of smaller on-site activities and more relevant online workshops to elevate interest and participation.

As changes are fluid and will remain so in the upcoming months, we will continue to keep all members updated on Club news, promotions and on-going activities via our electronic direct mailer, Aranda Buzz. Please update your email address or provide it if you have not done so, by simply sending your details to feedback@arandaclub.org.sg. Our renewed communication channels include our Facebook page at <http://www.facebook.com/arandacountryclub> which allows you to participate in contests and learn about our staff who eagerly serve valued members at the Club.

Our Club is like a family unit and on behalf of the staff at Aranda, I thank you for having confidence in us and standing by us through this unprecedented period. It is important for us to keep the environment safe and healthy for you, provide activities to keep you engaged and a communications platform where we can all stay connected and informed.

As we inch toward the end of this trying year, the staff at Aranda and I would like to wish everyone a Happy Deepavali and a Merry Christmas. Let's stay positive and together bring Aranda forward in the new year.

Stay Safe, Happy and Healthy always!

Warmest regards,
Lee Suan Hiang



Aranda News is published quarterly and distributed free to the members of the Club. Views and opinions expressed may not necessarily reflect those of the Club, its committee or editorial staff.

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WELCOMING NEW STAFF



GENERAL MANAGER – KEVIN CHANDRA

Kevin comes with more than 11 years work experience at NTUC Club, where he spent a decade with the Community Engagement and Membership department. During that time, there was significant growth in the communities of the Labour Movement – U Live, nEbO and U Sports – as interest-based activities and ambassador leadership programmes were evolved and numbers grew. In the last year and a half, as part of his continued growth in NTUC Club, Kevin assisted the Director of Market Square Marketing and Leasing, to conceptualise and implement events to help bring footfall, as well as create interest in Downtown East via curated activities.

to engage members with renewed interest-driven activities, increased participation and buzz in Club communication channels and the maintenance of facilities and infrastructure, through necessary cost-effective measures. Amidst these challenging times and with a new norm ahead, Kevin is looking forward to getting to know more members in the weeks ahead and hopes to work towards more sustainable and strategic collaborations and bring Aranda Country Club to greater heights in the future. With a hardworking team supporting him and members that share the same interest to forge forward, Kevin believes the next year will be a crucial one toward that goal.

Coming onboard ACC in July this year, Kevin hopes to continue to keep ACC's commitment

Do say hello when you see him and he'll probably give you an enthusiastic wave back!

GUEST RELATIONS OFFICER – NUR SHAZLEEN

Affectionally known to all as Leen, she has a bubbly and friendly disposition. She joined us from Orchid Bowl, where she has spent the past few years doing customer relations and events management. A big fan of KDramas and an avid cook, the self-confessed foodie loves to hunt for the latest KDramas online or move around Singapore looking for delicious food.

Leen is eager to meet up with more Members and to be of service to you.



Please join us in giving our full support and warmly welcoming them to ACC.

CLUB SURVEY 2019

Congratulations to our winner of the 3D2N E-Suite voucher, Mr Ong Kian Kok.

The survey results have been published in the July to September issue of Aranda News. We thank you all for the kudos we have received and we note all the meaningful feedback as well.

We will certainly put what we have learnt into practice to improve service and operations in Aranda Country Club. Should you have any other recommendations or views, do write in to us at feedback@arandaclub.org.sg

Thank you so much for your participation!



STILL KEEPING THE CLUB CLEAN

We have enhanced our hygiene measures in the Club and this includes increasing the frequency of our cleaning and sanitising. We would like to thank our hardworking cleaners for their effort and all of you for your kind support!



SAFE MANAGEMENT AND DISTANCING MEASURES

Dearest Members,

To continue to enjoy the Club facilities and to ensure we stay open, please observe the following:



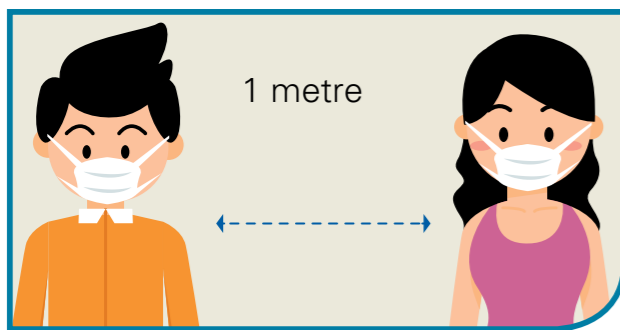
You always wear a mask inside Club premises, except when exercising.



Proceed to the front office to
 - Scan the QR code or show your NRIC for SafeEntry contact tracing
 - Screen your temperature



Do NOT congregate in groups of more than 5 at any time.



Always maintain a safe distance of at least 1 metre away from each other.

Thank you for your kind understanding and cooperation. Let's stay SAFE!

From all of us in Team Aranda.

SNAPSHOT OF FACILITIES WITH LIMITED CAPACITIES

At this point in time, our Club Facilities are still restricted in terms of capacity. We seek your cooperation and understanding and rest assured, we will keep you informed when the capacity limitations change.

Utilisation of the facilities is managed by the Member Services Counter. Please remember to register and claim your tag before entry.

The following lifestyle facilities will be closed until further notice:

- Mahjong Rooms
- Ten Dollar Club (Karaoke)
- Kids Room

Gym Limited to 8 persons	Reading Room Limited to 8 persons	Swimming Pool Limited to 30 persons
Steam/Sauna Rooms Limited to 2 persons	Jackpot Room Limited to 8 persons	Shower Rooms Limited to 8 persons
E-Suites Limited to 5 persons in the same room		



Be safe and let us all play our part during our visit to the Club.

Take care!



REJUVENATE WITH A STAYCATION AT OUR E-SUITES!

Look forward to a tranquil getaway in the East where you can unwind and loosen up with your family and loved ones!

Wake up to a morning, where the air is fresh and enjoy a walk in Pasir Ris Park which is a stone's throw away. Laze in our Olympic-sized pool or opt for a workout in our private gymnasium to tone up your muscles.

Then, head to Wild Wild Wet for a day of fun, enjoy the variety of food at our in-house restaurant Ban Heng@Aranda or visit Downtown East for other dining and retail options.

Build new memories and escape the hustle and bustle of daily life!



For any queries or reservations, kindly contact us at 6584 6811 or email reservation@arandaclub.org.sg or amy.ong@arandaclub.org.sg. (Strict adherence to the Safe Distancing Measures implemented at ACC must be observed in view of the COVID-19 pandemic.)

Even if it's just for a couple of days, we hope to offer you a sanctuary for a relaxing vacation! We look forward to seeing you here!



SMARTNATION TOGETHER

#SmartNationTogether is a series of free online programmes for active agers! Supported by U Live, check out the various amazing programmes you can enjoy in the comfort of your home. Keep up with the evolving world of technology, learn something new and useful, and spread the word!

There are sessions every week from October to December 2020 from 3-4pm! Scan the QR code or visit <https://bit.ly/SNTulive> to register and find out more.



KopiTalk with Smart Nation (Every Thursday)	Oct	1 8 15 29	Keeping Swimming Pools Safe with AI Using Drones for Building Inspection The Science Behind Using a QR Code Smarter Living with Smart Meters
	Nov	5 12 19 26	The 'Hidden' Technology in Lifts Securing Singapore's Food Supply with AI Facial Recognition Technology Image Recognition Technology
	Dec	5 12 19 26	Is Artificial Intelligence Scary? What is So Powerful about Big Data? The Science Behind Biometrics Year-End Wrap Up
My Smart Ahma Top Picks (Every Wednesday)	Oct	14 21 28	LifeSG App (formerly Moments of Life) Living a Lasting Legacy with the MyLegacy portal HealthHub App
	Nov	11 18 25	NLB Mobile App Enjoying Our Parks with the Coast2Coast App TraceTogether App & Token
	Dec	9 16 23	ActiveSG App myCPF App TraceTogether App & Token
Live Smart	Oct Nov Dec	7 4 2	Enjoying Free Music on Your Smartphone Using Telegram for Latest News and Events Online Shopping with Your Smartphone

Programmes may be subject to change without prior notice.

HAVE A DAY OF THRILLS AND SPILLS!

Wild Wild Wet is one of Singapore's largest water parks and promises a day of thrills and spills for the whole family. Situated in Downtown East, it remains one of the most popular attractions and was voted Top 5 Water Parks in Asia under TripAdvisor Travelers' Choice in 2019 and 2020.

Recently expanded and sitting on 4 hectares of land, the water park is home to 16 water rides for all age groups including 7 latest additions that promise to bring excitement to a whole new level for everyone. From adrenaline-pumping rides to relaxing and gentle ones, visitors are guaranteed a splashing fun-filled day!

Wild Wild Wet has been voted as TripAdvisor Travelers' Choice 2020, and is the No. 5 top water park in Asia (#1 in Singapore) for the second year in a row!



Bring
Your Family And Friends
down and present your
ACC membership card
to enjoy
20% off public
rates!



UPCOMING OCC EVENTS

VINYASA YOGA



A popular style of yoga that inculcates proper breathing and poses to help relieve anxiety and stress, detoxify your body, improve muscle tone, body posture and alignment, and increase flexibility, balance and strength. Classes are of progressive intensity to suit all fitness levels.

Date : Every Wednesday
Time : 8am - 9am
Venue : Lifestyle Studio
Fee* : **OCC/ACC/U Live Member** \$150
NTUC Member \$160
Guest \$180

*Fees are for 12 sessions per term.

PILATES



Benefits include: Increasing muscle tone and endurance, developing balance and coordination, improving posture and alignment, boosting core strength and stability, heightening body awareness, and relieving stress and back pain.

Date : Every Monday
Time : 7.30pm - 8.30pm
Venue : Lifestyle Studio
Fee* : **OCC/ACC/U Live Member** \$100
NTUC Member \$105
Guest \$110

*Fees are for 8 sessions per term.

TAEKWONDO



Taekwondo is a traditional Korean martial art that will improve your strength, stamina, flexibility and balance through various kicking techniques. These include head-height kicks, jumping and spinning kicks, and fast kicking techniques.

Date : Every Friday
Time : 7.30pm - 9pm
Venue : Lifestyle Studio
Fee* : **OCC/ACC/U Live Member** \$105
NTUC Member \$110
Guest \$115

*Fees are for a 3-month term.

CALISTHENICS



A form of exercise consisting of a variety of movements that use your bodyweight to increase your strength, flexibility and mobility. Learn how to execute basic bodyweight movements such as variations of proper pull-ups, push-ups, the front lever, handstand, and more!

Date : Every Friday
Time : 7.30pm - 8.30pm
Venue : Functional Training Zone
Fee* : **OCC/ACC/U Live Member** \$50
NTUC Member \$55
Guest \$60

*Fees are for 4 sessions per term.

*All fees are subject to prevailing GST, and all fitness classes are subject to changes by the instructor.

For enquiries and registration, please email snr@orchidclub.com

(OCTOBER)

GETTING TO KNOW YOUR SILENT KILLER - GOUT



Date: 17 October 2020 (Saturday)
Time: 2pm - 4pm
Venue: Tulip Room
Fee: **Member** Free, **Union Member** \$2, **Guest** \$6,
Closing Date: 10 October 2020 (Saturday)
Min Pax: 5 Pax

Gout is a common form of arthritis that can affect anyone. Let's explore the myths surrounding gout in this talk.

2HR KOREAN MAKEUP WORKSHOP BY GEL UNIVERSITY (MARY KAY)



Date: 24 October 2020 (Saturday)
Time: 2pm - 4pm
Venue: Tulip Room
Fee: **Member** Free, **Union Member** \$2, **Guest** \$6,
Closing Date: 17 October 2020 (Saturday)
Min Pax: 5 Pax

Discover how to conceal dark circles and fatigue signs, define brows and single eyelids and find the right lip shades in this workshop hosted by Gelainza from Gel University (Mary Kay).

(NOVEMBER)

HOW WE HEAR BY THE HEARING ROOM



Date: 7 November 2020 (Saturday)
Time: 2pm - 4pm
Venue: Tulip Room
Fee: **Member** Free, **Union Member** \$2, **Guest** \$6,
Closing Date: 31 October 2020 (Saturday)
Min Pax: 5 Pax

Learn about the anatomy of the ear and what affects our hearing. Our speaker, Zoe Teo is an audiologist who specialises in tinnitus management and educating on hearing loss prevention. She will be answering all your questions about hearing, including hearing aid selection.

COOKIE CLASS FOR KIDS



Date: 21 November 2020 (Saturday)
Time: 2pm - 4pm
Venue: Pool Pavilion
Fee: **Member** \$10, **Union Member** \$15, **Guest** \$20, (Includes material)
Closing Date: 14 November 2020 (Saturday)
Min Pax: 5 Pax

Spend some family bonding time with your kids in this fun 'hands-on' cookie baking session where they can explore their creativity and take home their 'fruits of labour'. Join us now!

(DECEMBER)

FLOWER ARRANGEMENT CLASSES FOR MEMBERS



Date: 12 December 2020 (Saturday)
Time: 2pm - 4pm
Venue: Tulip Room
Fee: **Member** \$50, **Union Member** \$55, **Guest** \$60,
Closing Date: 5 December 2020 (Saturday)
Min Pax: 5 Pax

Learn the art of basic floral arrangement for this festive season. At the end of this class, you will be equipped with the knowledge to identify fresh flowers, prepare the flowers, assemble a floral foam box, as well as learn how to care for the flowers. You will bring home your own lovely creation. All materials and tools will be provided.

HEALTH AWARENESS TALK – PREVENTION IS BETTER THAN CURE!



Date: 19 December 2020 (Saturday)
Time: 2pm - 4pm
Venue: Tulip Room
Fee: **Member** Free, **Union Member** \$2, **Guest** \$4,
Closing Date: 12 December 2020 (Saturday)
Min Pax: 5 Pax

Join us for this talk on knowing how prevention is better than cure and how our eating habits and occupations are constantly affecting our health conditions. Topics explored range from common illnesses which we may face such as heart diseases, heart attacks, high blood pressure, and a state of depression.

For enquiries and reservations, please email linda.yeo@arandaclub.org.sg

KNOWING OUR SINGAPORE SERIES



TREK DE CHOO CHOO

Overcome natural obstacles on this exciting trek on the wild side to explore and uncover the lost railway of Jurong! Join us and be introduced to the uncommon and interesting plants along the trek including Wild Cinnamon, Simpoh Air, Durian, Figs, Smilax & Hairy Clidemia.

Date : 25 October 2020 (Sunday)
Time : 9am to 12.30pm
Venue : TBA
Fee : **ACC/OCC Member** \$10, **Union Member** \$12, **Guest** \$15
Min Pax : 5 persons
Closing Date : 18 October 2020 (Sunday)



TREK DE WILD FABER

Explore urban legends and the intriguing tales of the Telok Blangah Hills with its well hidden WWII bunkers and mysterious reservoirs. Don't miss this opportunity to ascend Mount Faber and enjoy the fresh air and wonderful views from the peak!

Date : 22 November 2020 (Sunday)
Time : 9am to 12.30pm
Venue : TBA
Fee : **ACC/OCC Member** \$10, **Union Member** \$12, **Guest** \$15
Min Pax : 5 persons
Closing Date : 15 November 2020 (Sunday)



TREK DE PIPE PIPE

Following the trails of the pipes, experience diverse and interesting vegetations such as Durian, Jackfruit, Curry Leaf, Wild Cinnamon, African Tulip, Simpoh Air and many wonderful secondary forest vegetation until we are back to civilisation. Join us for lots of fresh air and great views along with some wonderful company!

Date : 27 December 2020 (Sunday)
Time : 3pm - 6pm
Venue : TBA
Fee : **ACC/OCC Member** \$10, **Union Member** \$12, **Guest** \$15
Min Pax : 5 persons
Closing Date : 20 December 2020 (Sunday)

Participants must be adventurous and should be prepared to (possibly) get "lost" during these treks. For enquiries and reservations, please email linda.yeo@arandaclub.org.sg.

OCTOBER

01 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
02 FRI	Cycling (Tour De Changi Village, 16km) Gardening
03 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba
04 SUN	Gardening
05 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
06 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
07 WED	Jogging Gardening
08 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
09 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
10 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba
11 SUN	Gardening
12 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
13 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
14 WED	Jogging Gardening
15 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
16 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
17 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba Getting to Know Your Silent Killer - Gout
18 SUN	Gardening
19 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
20 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
21 WED	Jogging Gardening
22 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
23 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
24 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba 2Hr Korean makeup workshop
25 SUN	Gardening Trek De Choo Choo
26 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
27 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
28 WED	Jogging Gardening
29 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
30 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
31 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba

NOVEMBER

01 SUN	Gardening
02 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
03 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
04 WED	Jogging Gardening
05 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
06 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
07 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba How We Hear by the Hearing Room
08 SUN	Gardening
09 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
10 TUE	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
11 WED	Jogging Gardening
12 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
13 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
14 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba
15 SUN	Gardening
16 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
17 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
18 WED	Jogging Gardening
19 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
20 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
21 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba Cookie Class for Kids
22 SUN	Gardening Trek De Wild Faber
23 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
24 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
25 WED	Jogging Gardening
26 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
27 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
28 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba
29 SUN	Gardening
30 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening

DECEMBER

01 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
02 WED	Jogging Gardening
03 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
04 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
05 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba
06 SUN	Gardening
07 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
08 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
09 WED	Jogging Gardening
10 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
11 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
12 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba Flower Arrangement Classes
13 SUN	Gardening
14 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
15 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
16 WED	Jogging Gardening
17 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
18 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
19 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba Health Awareness Talk
20 SUN	Gardening
21 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
22 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
23 WED	Jogging Gardening
24 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening
25 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
26 SAT	Cycling (Tour De Singapore, 65km) Gardening Hatha Yoga Zumba
27 SUN	Gardening Trek De Pipe Pipe
28 MON	Cycling (Tour De Changi Village Coastal Road to NSRCC, 45km) Gardening
29 TUE	Cycling (Tour De Marina Barrage, 45km) Table Tennis Gardening
30 WED	Jogging Gardening
31 THU	Cycling (Tour De Marina Barrage, 16km) Table Tennis Gardening

GARDENING

Do you love flora and fauna? If so, you are welcome to join like-minded members as we add vibrancy and greenery to the club with this healthy, relaxing and fulfilling hobby.

Venue & Date : Executive Suite (Daily)
Time : 10am to 12pm



ZUMBA CLASS

Are your workouts getting dull? Experience the excitement of Zumba, a heart-pumping workout that incorporates Latin and Hip-Hop dance into one invigorating routine! This high-energy workout promises to leave you breathless for more! Join us every Saturday at the Pool Pavilion.

Date : Every Saturday, starting *(to be confirmed)*
Time : 4:30pm - 5:30pm
Venue : Pool Pavilion
Fee* : **ACC/OCC Member** \$120
Union Member \$125
Guest \$130
Min Pax : 10 persons

WEEKLY JOG

Jogging is a fantastic exercise for developing cardiovascular fitness, burning fat and keeping in shape. Now, you can get all the motivation you need by joining our weekly sessions. Make friends with like-minded people as we jog around Pasir Ris Park every Wednesday. Start reaping the benefits of a healthy lifestyle now!

Date : Every Wednesday
Time : 6.30pm
Venue : ACC to Pasir Ris & return (3km & 5km)

HATHA YOGA

Hatha Yoga gives practitioners a great workout, without the need for high impact activity – making it ideal for people of all fitness levels. Our weekly Hatha Yoga classes focus on the basic postures of Hatha Yoga, and are ideal for improving both your physical and mental fitness.

Date : Every Saturday
Time : 8.30am -10am
Venue : Pool Pavilion
Fee* : **ACC/OCC Member** \$90
Union Member \$95
Guest \$105
Min Pax : 10 persons
** Fee is quoted for 10 sessions*

TABLE TENNIS

Table tennis is a two or four-player sport that is easy to pick up, but difficult to master – making it perfect for playing with friends and family of all ages. Improve your movement, hand-to-eye coordination and fine motor skills with this fast-paced sport. Just remember to book a table in advance!

Date : Every Tuesday & Thursday
Time : 8.30am - 10.30am
Venue : Pool Pavilion
Fee : \$1/hour

SWIM & AQUA CLASSES ARE BACK

WITH COVID-19 SAFE DISTANCING APPLIED

YVONNE SWIM SCHOOL
 whatsapp us: 8328 6865
 fb: yvoneswimschool

CYCLING CALENDAR

Day	Cycling	Time
Monday	Tour De Changi Village Coastal Road to NSRCC, 45km	7pm
Tuesday & Thursday	Tour De Marina Barrage, 45km	7pm
Friday	Tour De Changi Village, 16km	7pm
Saturday	Tour De Singapore, 65km	7am

learningjungle.com

The Learning Jungle Program combines effective teaching approaches with a unique delivery method to create the optimal learning environment for children to excel.
 Swimming . Yamaha Music . STEM classes
Toddler - Pre-Nursery
Nursery - Kindergarten

Learning Jungle Pasir Ris
 60 Pasir Ris Drive 3, Level 2
 Aranda Country Club | Singapore
 T | +65 65820882

Request a tour online
 Discounts for Aranda and NTUC Member
 For more information and a detailed listing of other locations, please visit our website.

Learning Jungle is a global provider of **quality educational child care**, enriching young minds and inspiring children to be creative, mindful and influential to the future of our families, communities and the world we live in.



萬興酒樓

Ban Heng® @Aranda Country Club

60 Pasir Ris Drive 3, Aranda Country Club, Singapore 519497
Pasir Ris MRT Station EXIT A or B, Next to NTUC Downtown East

买3送1 任点任吃自助餐

1 DINERS FREE WITH EVERY 3 PAYING ADULTS

★ 天天供应 ★

高达50款海鲜

任点任吃午餐和晚餐

★ PROMOTION VALID EVERYDAY ★

50 types of Chinese Cuisine

Ala-Carte Buffet Lunch & Dinner

MENU A (min 3 adults)
Per Pax From 每位从

\$30.80++ 起

MENU B (min 3 adults)
Per Pax From 每位从

\$37.80++ 起



任点任吃菜单B包括每人免费一盅佛跳墙

Buffet B menu includes Complimentary Buddha Jump Over The Wall for every diner

SUPER VALUE 外卖BENTO SET

For Takeaway/Delivery

From **\$14.80** nett per pax
(min. 2-pax order)



- ✓ 2 Dim Sum
- ✓ 1 Seafood
- ✓ 1 Meat
- ✓ 1 Vegetable
- ✓ 1 Main Course
- ✓ 1 Drinks
- ✓ 1 Desserts

外卖Bento Set和任点任吃菜单，请参阅

For Takeaway/Delivery Bento Set & Ala-carte Buffet Menus, please refer online : www.banheng.com.sg

外送 鲍鱼带子海味一品煲

Abalone & Scallop Seafood Claypot for Delivery/Takeaway

\$80 nett 供5位用
5 pax portion

Free delivery for orders of \$68.00 nett and above, other terms and conditions kindly refer to Ban Heng's website. Above visuals are for illustration purposes only. Actual product may vary. Ban Heng reserved the rights to make any changes, including change in price, content, description, terms, etc. at any time without prior notice.



SCAN ME

For Reservation, Takeaway or Home Delivery

CALL: 6585 1770 / 6585 1093

Email: acc@banheng.com.sg

Online: www.banheng.com.sg








Look out for our Reopening Announcement!

TEN DOLLAR CLUB

Sing to Your Heart's Content at Ten Dollar Club (Family KTV)

Karaoke is definitely one of Singaporeans' favourite hobbies. Gather your family and friends at one of our 24 private rooms and spend a memorable evening at the Ten Dollar Club (Family KTV). Be sure to croon your night away. What's more, billiards is also available for breaks in between your songs too. Book your package today!

Day & Time	Package Includes	Charges	Promotion
Mon – Sun / Eve of PH & PH 2pm - 7pm	Free KTV Room	\$10+ per pax* (min. charge \$30+)	1. For every 5 pax, 1 will be FREE OF CHARGE 2. For every 10 pax, 2 will be FREE OF CHARGE
Sun – Thurs & PH 7pm - 12am	Free Flow of Hot & Soft Drinks & Popcorn!	\$10+++ per pax** (min. charge \$40+++)	1. For every 6 pax, 1 will be FREE OF CHARGE 2. For every 12 pax, 2 will be FREE OF CHARGE
Fri, Sat & Eve of PH 7pm - 10pm 10pm - 1am			

\$5

NETT PER PAX

ACC MEMBERS ONLY

2pm – 7pm

MONDAY – FRIDAY
except Eve pg PH & PH
Min 3 pax

FOR RESERVATIONS

6582 0002

OR

6582 4222

* \$10 + per pax = \$10 +KOD
** \$10+++ per pax = \$10 + 1 Towel + KOD + 10% Service Charge
Ten Dollar Club reserves the right to amend the Terms & Conditions and all promotional pricings without prior notice



OPERATION HOURS & CHARGES

- **Member Services Counter** 9am - 10pm
- **Executive Suites**
Off-Peak period: Sun to Thurs (excluding School Holidays, Eve of PH and PH)
Peak period: Fri & Sat, Sun to Thurs during School Holidays, Eve of PH and PH
Super-Peak period: Fri & Sat, Eve of PH and PH during School Holidays
- **Poolside Fitness & Weight Room** 7am - 9:30pm
- **Reading Room** 7am - 9:30pm
- **Table Tennis** 7am - 9:30pm @ S\$1/hr
- **Kids' Room** 7am - 9:30pm
- **Swimming Pool** 7am - 9:30pm
- **Sauna / Steam Room** 7am - 9:30pm
- **Games Room** 10am - 11pm
- **Leisure Room** 9am - 12am
Mon to Thurs \$5.50/hr
Fri-Sun, Eve of PH & PH \$6.50/hr
- **Yvonne Swim School** 8am - 12nn
3pm - 9pm

GUEST RATES

Each member may sign-in six guests (except Games Room) at the following rate:
Mon - Thurs: \$3 per guest
Fri - Sun, Eve of PH & PH: \$5.50 per guest

F&B ENTERTAINMENT OUTLETS

- **Ban Heng Seafood Paradise @ Aranda**
Closed on Mondays except when it falls on PH
Lunch: 11:30am to 3:30pm
Dinner: 6pm to 10pm
- **Setya Abadi Makan Place (Food Court @ Aranda)**
Temporarily closed
- **D'Bar & Bistro**
Temporarily closed
- **Ten Dollar Club (Family KTV)**
2pm to 2am
- **Prawn @ Aranda**
Temporarily closed

CLUB GENERAL DIRECTORY & ASSISTANCE

General Enquiries	6584 6811 (Main Line)
General Fax	6584 1036
General E-mail	feedback@arandaclub.org.sg
Club Website	www.arandaclub.org.sg
General Manager	Mr. Kevin Chandra Ext. 27
Assistant Finance Manager	Ms. Sheila Yong 6384 9323
Finance & Admin	Ms. Janet Tay Ext. 18
Membership	Ms. Linda Brueschweiler Ext. 14
Social & Recreation	Ms. Linda Yeo Ext. 30
Excutive Suite	Ms. Amy Ong Ext. 10/20
Jackpot	Ext. 33
Duty Manager	9678 4453

FOR ENQUIRIES & BOOKINGS

Ten Dollar Club (Family KTV)	6582 0002 / 6582 4222
Ban Heng Seafood Paradise @ Aranda Catering & Reservation	6585 1770 / 6585 1093
Learning Jungle	6583 0882
Yvonne Swim School	8328 6865

RECIPROCAL CLUBS

Please obtain a Letter of Introduction prior to your visit and present it together with your Aranda Membership Card upon arrival.

SOCIAL CLUBS

- **AUSTRALIA**
Commercial Club (Albury), NSW
Tel: 61 2 6057 2000
www.commercialclubalbury.com.au
- **HONG KONG**
Club Siena Discovery Bay
Tel: 852 2987 7382
www.dbrc.hk
- **MALAYSIA**
Royal Ipoh Club, Ipoh
Tel: 605 254 2212
www.royalipohclub.org.my
- **MALAYSIA**
Royal Port Dickson Yacht Club
Tel: 606 647 1635 , 606 647 3505
www.rpdyc.com.my
- **MALAYSIA**
Sunway Lagoon Club, Selangor
Tel: 603 5639 8600
www.sunway.com.my
- **MALAYSIA**
The Raintree Club, Kuala Lumpur
Tel: 603 4257 9066
www.raintree.com.my
- **CANADA**
Hollyburn Country Club, Vancouver
Tel: 1 604 922 0161
www.hollyburn.org
- **CANADA**
Toronto Cricket Skating & Curling Club, Toronto
Tel: 1 416 487 4581
www.torontocricketclub.com
- **INDIA**
Deccan Gymkhana, Pune
Tel: 91 20256 75994
www.deccangymkhana.co.in
- **INDIA**
Jaisal Club, Rajasthan
Tel: 91 2992 255555 / 254999
www.jaisalclub.com
- **INDIA**
Piyush Palace Club, Gujarat
Tel: 91 97277 22082
www.piyushpalace.com
- **INDIA**
The Stellar Gymkhana, Uttar Pradesh
Tel: 91 120 4647500
www.stellargym.co.in
- **INDONESIA**
Mercantile Athletic Club, Jakarta
Tel: 62 21 5211320
www.macjakarta.com
- **INDONESIA**
Indah Puri Golf Resort, Batam
Tel: 62 77 8323 702/3, 62 77 832 3720
www.indahpuri.com
- **MALAYSIA**
Tanjong Puteri Golf Resort, Johor
Tel: 607 271 1888
www.tpgr.com
- **SINGAPORE**
Orchid Country Club
Tel: 6755 9811
www.orchidclub.com
- **USA**
The Georgian Club, Atlanta
Tel: 1 770 952 6000
www.georgianclub.com

ACCESS CLUBS / GOLF CLUBS

- **AUSTRALIA**
Peregian Springs Golf Club, Queensland
Tel: 61 7 5471 5471
www.peregianspringsgolfclub.com.au
- **CAMBODIA**
Angkor Golf Resort, Siem Reap
Tel: 855 63 767 688 / 689
www.angkor-golf.com
- **INDONESIA**
SouthLinks Country Club, Batam
Tel: 62 778 324 128/ 168
www.southlinksgolf.com



Live

THE GOOD LIFE

WORK
*
LIVE
*
PLAY



THE REAL FUN
BEGINS
AT 55!

Because you're an Aranda Country Club member, you can enjoy exclusive privileges & benefits with U Live:

- ♥ Lifestyle & wellness activities
- ♥ Life skills & tech-savvy workshops
- ♥ Leadership opportunities
- ♥ Interest group networking

Stay up-to-date with U Live today!

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For any enquiries, email us at events@ulive.com.sg

